

**ABSTRACT**

Polyurethane or polyurethane-urea is comprised of poly(trimethylene-ethylene ether) glycol as a soft segment. The polyurethane or polyurethane-urea preferably comprises about 10 to about 5 90% soft segment and is prepared from:

- (a) poly(trimethylene-ethylene ether) glycol
- (b) diisocyanate; and
- (c) diol or diamine chain extender.

The composition is particularly useful for making shaped articles.